WHAT I CLAIM AS MY INVENTION:

1. A mounting track for supporting electrical components, the track comprising an elongate body of uniform transverse cross section, the body including:

a flat foot having spaced mounting apertures extending through the foot for attaching the track to a surface;

a component mounting rail overlying the foot, the rail comprised of a base, a mounting member on each side of the base, the rail base including a series of apertures in the base, said apertures larger than the foot mounting apertures and positioned directly above the foot mounting apertures;

a wall member extending from the foot to the base of the mounting rail, the base extending substantially parallel with the foot, the wall member being offset from lateral center on the base and the foot so that the track defines an interior cavity.

2. The mounting track of claim 1 wherein the wall member includes apertures spaced at intervals along the length of the wall.

3. The mounting track of claim 2 wherein the rail base apertures are adjacent to the wall and are contiguous with the wall.

4. The mounting track of claim 3 wherein the foot mounting apertures are rectangular with a major axis of width running along the length of the rail body and parallel to the wall so as to allow longitudinal shifting of the rail relative to a set mounting hole and the rail base apertures

are rectangular with a major axis of width running along the length of the rail body and parallel to the wall.

5. The mounting track of claim 4 wherein the track is formed from extruded aluminum.

6. The mounting track of claim 5 wherein the rail has a width of about 1.37 inches from a flange tip to the opposite flange tip and a height of about 2.26 inches from the bottom of the mounting foot to the top of the rail, the base apertures being about .75 of an inch long and about .50 of an inch wide and the mounting apertures being about .50 of an inch long and about .25 an inch wide.

7. A mounting track for supporting electrical components, the track comprising:

an integral body of uniform transverse cross section, the body including;

a foot, a mounting rail located above the foot and a wall extending from on side of the foot to the mounting rail;

the mounting rail comprising a flat base having opposed sides, walls extending upwardly from said sides and flanges extending outwardly from the tops of the walls for engaging and supporting electrical components;

said wall joining said base adjacent one side thereof so that the base overlies said foot; and

a plurality of mounting apertures extending through said foot and spaced at intervals along the length of said foot, said mounting apertures located under said base, and a

plurality of track apertures extending through said base and spaced along said base, each track aperture overlying a mounting aperture, each track aperture being larger than the overlying mounting aperture wherein a mounting tool and fastener may be freely extended though the track aperture to drive the fastener through the mounting aperture and secure the track to a support surface underlying the foot.

8. A mounting track as in claim 8 wherein said mounting apertures are circular and said base apertures are rectangular.

9. The mounting track as in claim 9 wherein said rail apertures have a longitudinal width and a transverse width, the longitudinal width being greater than the transverse width.

10. The mounting rail as in claim 7 wherein said wall includes a plurality of spaced wire routing apertures.